



Healthy Eats

2 & 5 to help you thrive!



Accreditation Workbook

Say hi, to Frankie Fresh!

Your Veg and Fruit Buddy



Healthy Eats

2 & 5 to help you thrive!

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This program has received funding from 'Northern Queensland Primary Health Network' (NQPHN).

life
EDUCATION



Healthy Eats

2 & 5 to help you thrive!

Empowering our children
and young people to make safer
and healthier choices
through education

Thank you for your commitment to creating a healthier food environment at your school by joining the Life Education Queensland Healthy Eats Accreditation Program.

We are excited to be working in partnership with you to increase the vegetable and fruit consumption of primary school children by empowering your students and wider school community to make healthier food and drink choices.

Inside this pack you will find an accreditation criteria and rewards flyer, along with a Healthy Eats Accreditation workbook designed to assist you to review your current activities and document your accreditation journey.

The Healthy Eats Accreditation Program consists of four key areas:

- Organisation
- Classroom environment
- School Food environment
- Community

These criteria have been developed to foster sustained healthy eating mindsets, actions and behaviours within the school community now and into the future.

Each school that achieves accreditation between Term 1 and Term 4 this year will receive a suite of rewards and benefits from Life Education Queensland and our partners, which celebrates this significant achievement and supports the continuation of your school's healthy eating journey.

Life Education Queensland and the Healthy Eats team is committed to your success and helping you achieve accreditation. If you have any questions or queries, please don't hesitate to contact your Life Education Community Development Officer.

We look forward to working with you throughout the Healthy Eats program.

Yours sincerely,

Michael Fawsitt
Chief Executive Officer
Life Education Queensland

Healthy Eats Accreditation Checklist

School name: _____

Date: _____

Completed by: _____

Position: _____

Criteria	No	Yes
1. Does our school have a healthy food and drink policy?	<input type="checkbox"/> NO <i>Could our school benefit from a healthy food & drink policy?</i> <i>See the Healthy Eats School Food and Drink Policy Template.</i>	<input type="checkbox"/> YES we do have a healthy food and drink policy! <i>Are our teachers aware and supportive on a daily basis?</i> <i>Are our parents aware and supportive?</i>
2. Does our school have a Healthy Eats student leadership team who run activities in the school to promote vegetables and fruit?	<input type="checkbox"/> NO <i>Could our school benefit from setting up a Healthy Eats student leadership team?</i>	<input type="checkbox"/> YES we have a Healthy Eats student leadership team! <i>Could our students benefit from additional student and parent resources to help promote healthy eating?</i>
3. Have all our classroom teachers attended a Healthy Eats in-service professional development session?	<input type="checkbox"/> NO <i>Contact your Healthy Eats Community Development Officer to book an in-service.</i>	<input type="checkbox"/> YES all our teachers have attended a Healthy Eats in-service OR we have scheduled a Healthy Eats in-service for all our teachers. Date: _____
4. Are our school tuckshop and school organised events compliant with Smart Choices?	<input type="checkbox"/> NO <i>We would love some assistance in becoming Smart Choices compliant!</i> <i>Healthy offerings of GREEN food & drink choices are an evidence-based strategy to boost vegetable and fruit consumption in a positive school environment amongst peers.</i>	<input type="checkbox"/> YES they are! <i>Do we promote that our school tuckshop and events are Smart Choices compliant to our school community?</i> <i>Do we celebrate our tuckshop champions?</i> <i>Do we seek consultation from QAST for additional resources and guidance?</i>



Criteria	No	Yes
5. Does our school have a well-maintained vegetable garden?	<input type="checkbox"/> NO <i>See the Healthy Eats website for FREE School Garden assistance from our community partners, as well as available garden grants.</i> <i>Contact your Healthy Eats Community Development Officer for further support.</i>	<input type="checkbox"/> YES we do have a school vegetable garden! <i>Do we incorporate it into the syllabus?</i> <i>Does it supply produce for our Tuskshop or class Brain Break or back-up supplies for students without fruit or veg?</i>
6. Do all our classes provide a daily Brain Break (vegetable and fruit break) for students?	<input type="checkbox"/> NO <i>Classroom Brain Breaks are an evidenced based strategy to boost vegetable and fruit consumption in a positive environment amongst peers.</i>	<input type="checkbox"/> YES we do! <i>Are our teachers aware and supportive on a daily basis?</i> <i>Are our parents aware and supportive?</i>
7. Do all our classes display an Australian Guide to Healthy Eating and Frankie Fresh poster?	<input type="checkbox"/> NO <i>See your Healthy Eats School Toolkit for the Australian Guide to Healthy Eating and Frankie Fresh posters.</i>	<input type="checkbox"/> YES we do!
8. Are all our year 5 classes booked in to have a Healthy Eats classroom module delivered by Life Education?	<input type="checkbox"/> NO <i>Contact your Healthy Eats Community Development Officer to book your modules.</i>	<input type="checkbox"/> YES they are! Date: _____
9. Are all our year 5 classes scheduled to run the Healthy Eats fruit and vegetable passport challenge?	<input type="checkbox"/> NO <i>Contact your Healthy Eats Community Development Officer to schedule your challenge.</i>	<input type="checkbox"/> YES they are! Date: _____
10. Does our school provide healthy eating information to families through a variety of mediums (e.g. newsletters, social media, information sessions)?	<input type="checkbox"/> NO we don't currently provide healthy eating information to families. <i>Parent engagement strategies are an evidence-based way to boost vegetable and fruit consumption in primary school communities.</i> <i>Start by utilising Healthy Eats Newsletter Tips and Parent Handouts available in the Life Education Hub.</i>	<input type="checkbox"/> YES we do promote healthy eating food choices to families! Which ones do we use and how often? [circle] <ul style="list-style-type: none"> • Healthy Eats Newsletter Tips Weekly/Fortnightly/Monthly • Healthy Eats Social Media Posts Weekly/Fortnightly/Monthly • Healthy Eats Parent Handouts • Healthy Eats Parent Advisory Team • Other: _____

OVERALL SCORE

For every box ticked in the YES column give your school community a point and total them up to get your Healthy Eats Accreditation rating:

_____ / 10 POINTS

Healthy Eats Accreditation Goals

Today's date: _____

Review date: _____

Our Why

Why is it important for our school community to have an environment that supports healthy food and drink choices?

Why is it important for our school to achieve Healthy Eats accreditation?

How is our school going to work towards achieving Healthy Eats accreditation?

1. Have a look at the boxes ticked in the NO column above. What opportunities are there to improve?

2. What challenges as a school are there that need to be overcome to achieve accreditation?

3. What other ideas could promote vegetable and fruit consumption in our school?



Create your Healthy Eats Accreditation Action Plan

1. Engage with heads of curriculum, teachers, senior students, P&C and other school bodies.

- Who are the key stakeholders and how will you engage them in this process?
- What are the key changes that will increase veg and fruit consumption among your students and help you work towards achieving accreditation?

2. Use the template on the next page to create your Healthy Eats Accreditation Action Plan.

Consider:

- **Criteria #:** What Healthy Eats Accreditation Criteria Number are you working towards?
- **Options/strategies:** These are the steps we need to take to work towards the desired outcome:
 - What do we need to do to get started?
 - Who do we need to speak with for more information?
 - Do we need to do any further research?
 - Who can support us in this strategy? Has someone else already done this and can provide some advice?
- **Resources/Support:** What resources can you use and/or support do you need?
- **Responsible:** Who will be the driving force behind actioning each of these strategies?
- **By:** Set a reasonable time frame to check in with the 'Who' for each of your strategies?

Remember: You have all year to work towards achieving accreditation.

Working on 2 or 3 criteria per term may help break down your goals and make them more achievable.



Sign up now at the Life Education Hub
for free teacher and student resources

www.lifeeducationhub.com.au



Healthy Eats Accreditation Action Plan

Criteria #	Options/Strategies	Resources/Support	Responsible	By

Criteria #	Options/Strategies	Resources/Support	Responsible	By

Healthy Eats Accreditation Criteria

1. The school has a healthy food and drink policy
2. A Healthy Eats student leadership team is established who run activities in the school to promote vegetable and fruit consumption
3. All classroom teachers have attended a Healthy Eats in-service professional development session
4. The school tuckshop is Smart Choices compliant and the school provides food and drink consistent with Smart Choices at school organised events
5. The school has a well-maintained vegetable garden
6. All classes provide a daily Brain Break (vegetable and fruit break) for students
7. All classes display an Australian Guide to Healthy Eating and Frankie Fresh poster
8. A Healthy Eats session is delivered annually by Life Education to all year 5 classes
9. All year 5 classes participate in the Healthy Eats Passport Competition
10. The school provides healthy eating information to families through a variety of mediums including newsletters, social media, information sessions etc



All schools participating in the Healthy Eats Program commit to fulfilling the following core criteria:

Core Criteria
QAST menu audits
Classroom module delivered to Year 5 classes
Intra-school passport competition (Year 5 must participate, other year levels are optional)
Parent engagement (nutritional content communicated to parents/carers via newsletters, school social media, email etc.)

Schools can receive additional rewards by choosing one of the two pathways:

Pathway 1 - Non-Accreditation

Schools who choose not to undertake accreditation, but who implement the core criteria above plus 1 or more of the accreditation criteria, will receive the half-way reward.

Pathway 2 – Healthy Eats Accreditation

Schools who achieve all 10 accreditation criteria will be eligible to receive all Healthy Eats program rewards, which include:

- Up to \$1000, one off grant to be used to support healthy eating within your school (supporting documentation required to access).
- Official accreditation badge provided for use on all promotional material online and print.
- Recognition as an official accredited school on the Life Education Queensland website.
- School spotlight on the Life Education Healthy Eats website, social media channels and official press release provided to local media (this does not guarantee a story).
- Profile of the school Healthy Eats Student Leadership team on the Life Education Queensland website and social media channels. Additionally, Healthy Eats Student Leadership team members will receive badges for their contribution and commitment.
- Official school accreditation presentation by Healthy Harold.

Accreditation must be obtained within the nominated school year and is valid for 1 year from attainment date.



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